

Workplace Emergency Supplies Kit



For the workplace, where you might be confined for several hours, or perhaps overnight, the following supplies are recommended:

Water



One gallon of water

Store water in plastic containers (heavy opaque plastic is best) with tight fitting, screw-on caps. Mark the date on the container and store where it is cool and dark. Use within one year.

Food

Foods that require no refrigeration, preparation or cooking and little or no water (ready-to-eat canned meals: meats, vegetables, canned juices, high-energy foods)

Store at least a 1 day supply of food

A non-electric can opener

Paper plates and cups, plastic utensils



First Aid Supplies/Medications and Special Needs Items

First aid kit, including standard OTC meds

Essential prescription medications (keep at least a 3 day supply)

Contact lens & solution or glasses, hearing aid batteries

Personal hygiene items

Feminine supplies



Clothing and Bedding

At least 1 complete change of clothing and footwear

Sturdy shoes

Mylar blankets



Tools and Emergency Supplies

AM/FM radio with extra batteries

Flashlight with extra batteries or LED light

Garbage bags/plastic bags/sealable sandwich bags

Face mask/bandana or cloth to cover face



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*Public Health Emergency Preparedness & Response
is a program of Solano County Public Health*

Information adapted from American Red Cross